

Course description

Name of the course: Recreation, leisure and free time activities in the lives of persons with disabilities

Instructor: Judit Gombás, PhD.

Aims:

The course describes the positive effects of active, meaningful leisure time on quality of life. Students learn about some of the barriers to recreation for people with disabilities and about adaptations to promote active leisure.

Learning outcomes and competences:

Participants of the course...

Knowledge, Skills:

- Students gain knowledge about the adaptation of recreational and leisure activities, and form an open, creative and solution-oriented mindset required for adaptation.

Attitude:

- Open, person-centered, solution-centered, positive

Autonomy and responsibility:

- Students learn to adapt leisure and recreation activities in close cooperation with the person with disabilities and/or the person's family/teacher/community, considering his/her abilities, individual needs, interests and human rights.

The content of the course:

During the course students get a deeper understanding of the concepts of recreation and leisure and brainstorm on how participation levels among individuals with disabilities can be increased. Students are provided the fundamentals of theory, creative tasks and practice.

Topics:

- The positive effect of meaningful recreation and leisure activities on overall quality of life.
- Access to museums (touch tours, environmental accessibility)
- access to theatre and cinema (audiodescription, closed captioning, sign language interpreting, autism friendly shows)
- accessible tourism (individuals with disabilities as consumers)
- art and disability (fine and performing arts), artists with disabilities

Teaching and learning methods:

- Theory, 'own experience' via simulation, observation.

System of evaluation:

on an 1-5 scale

- Active participation in at least 80% of classes,
- Oral presentation: at the closing session, students make an oral presentation linked to one of the topics of the course. The presentation reflects the student's knowledge and commitment.

Relevant literature:

1. Peniston, L. C. (1998). *Developing Recreation Skills in Persons with Learning Disabilities*. Selected excerpts. Sagamore Publishing. Downloaded: 2022.10.20.

<http://www.rifton.com/resources/articles/2001/february/developing-recreation-skills-in-persons-with-learning-disabilities>.

2. Packer, J., Vizenor, K., & Miele, J. (2015). A. An Overview of Video Description: History, Benefits and Guidelines. *Journal of Visual Impairment & Blindness*, 109(2), 83–93. DOI:10.1177/0145482X1510900204
3. Mandell, J. (2013). The circle of Inclusion. *American Theatre*, 30(5), 66–69.

Further required reading is part of every course syllabus.